



Manikin Use and Cleaning During CPR Class

Low Risk of Disease Transmission

- Risk of disease transmission during CPR training is extremely low
 - CPR manikins have never been shown to cause an outbreak of infection
 - No reports of infection are associated with CPR training
- However, there is public concern about use of manikins

Prevention of Infection During Manikin Practice

- Manikin surfaces can present a very small potential risk of disease transmission
- Manikin surfaces should be cleaned and disinfected in a consistent way
 - After each rescuer use
 - After each class
- Rescuers should avoid mouth or body contact with a manikin if saliva or body fluids are present on the manikin

Potential Participant- Manikin Cross- Contamination

- Students' hands and mouths can become contaminated if they touch a manikin that has not been cleaned
- Contamination can occur when a student's hands or mouth touch a manikin mouth (ie, finger sweep) before it is cleaned
- Contamination can be prevented by
 - Adequate cleaning of manikins between uses
 - Avoiding finger sweeps

Manikin Cleaning and Decontamination

- The manikin airway becomes contaminated during use
- Both the manikin interior and exterior must be thoroughly cleaned between classes
- HIV is comparatively delicate and is inactivated in less than 10 minutes at room temperature by several disinfectants
- Follow manufacturers' instructions for cleaning manikins

General Recommendations for CPR Classes

- Students should be told that CPR training will involve physical contact with manikins
- Students and instructors should postpone CPR training if they are
 1. Known to be in the active stages of an infectious disease
 2. Believe they have been exposed to an infectious disease
 3. Have sores or skin lesions on the hands or mouth or around the mouth

General Recommendations for CPR Classes

- Options to train someone with a known chronic infection or lesions:
 - Provide infected student with a separate manikin
 - Honor requests for individual manikin, within reason

General Consideration for Manikin Use and Hygiene

- When using multiple manikins
 - Students should be assigned in pairs
 - Each pair has contact with only 1 manikin
- Instructors/students should practice good hygiene by
 - Washing hands before handling manikins
 - Avoiding eating during class

Manikin Maintenance

- Follow procedures for cleaning/maintaining manikins during class
- Routinely inspect manikins for signs of deterioration
- Wash manikin hair or clothing periodically

Minimizing Contamination During Skill Practice

- During 2-rescuer CPR practice, the second student should simulate ventilation
- Finger sweeps should be simulated or done on a personal manikin

Manikin Cleaning After Class

Manikins should be cleaned as soon as possible at the end of each class

- Wash with warm soapy water and brushes
- Rinse with fresh water
- Moisten with a mixture of $\frac{1}{4}$ cup bleach per gallon of water for 10 minutes
- Make a fresh solution for each class
- Rinse with fresh water and dry immediately
- Rinse with alcohol to aid drying of internal surfaces

Manikin Cleaning During Class

- Discuss cleaning and use of manikins before practice
- Individual protective face shields can be used
- Wipe manikin face and mouth with alcohol between each use:
 - Leave the surface wet for at least 30 seconds before wiping
 - Emphasize scrubbing and wiping

Summary

- Risk of infection is very low
- Instructors should carefully follow all manufacturers' recommendations
- Practice and implement other recommendations discussed in the text
- Minimize the risk of disease transmission by carefully following guidelines